

Prenatal Pro™ Essential Packets

Comprehensive prenatal supplementation - featuring NatureFolate™

Designs for Health has combined three distinct products crucial for pregnant women, lactating women, and women wishing to become pregnant.

The result **Prenatal Pro™ Essential Packets.**



Each packet contains:

- 3 – Prenatal Pro™ capsules
- 1 – OsteoForce™ tablet
- 1 – OmegAvail™ Ultra TG softgel

The earlier supplementation begins the better because women need adequate nutrient stores to meet the greater nutrient demands for a growing baby. Nutrient deficiencies are associated with pregnancy complications, low birth weight, and birth defects. Prenatal Pro™ Essential Packets take the guesswork out of deciding which nutrients their bodies will need.

NatureFolate™ and Mineral Chelates

Prenatal Pro™ Essential Packets contain our **Prenatal Pro™** multivitamin, *the only prenatal on the market to use NatureFolate™*, a blend of natural folates in place of synthetic folic acid. With the combination of this multivitamin and **OsteoForce™**, these packets feature *true mineral chelates with far superior absorption* compared to minerals typically found in prenatal multivitamins. Minerals such as calcium, magnesium, iron, and zinc play such integral roles in the health of both mom and baby.

The TruTG™ Fish Oil Advantage

OmegAvail™ UltraTG is included to provide women with high potency EPA and DHA omega-3s, essential for healthy brain development of the fetus. **OmegAvail™ UltraTG** features our **TruTG™** fish oil in the triglyceride form, the form found naturally in fish. Only fish oil blends and concentrates containing the **TruTG™** seal are *90+% triglyceride (TG) bound omega-3 fish oils*. Research shows enhanced bioavailability of triglyceride bound omega fats over conventional ethyl ester forms.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Prenatal Pro™

Supplement Facts

Serving Size 6 capsules - 2 packets

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids from palm)	5000 IU 100%	Magnesium (as Di-Magnesium Malate)	200 mg 50%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Zinc (TRAACS® Zinc Glycinate Chelate)	20 mg 133%
Vitamin D3 (as Cholecalciferol)	1000 IU 250%	Selenium (as Selenium Glycinate Complex)	200 mcg 286%
Vitamin E (Total Natural Tocopherols)	250 mg	Copper (as TRAACS® Copper Glycinate Chelate)	1 mg 50%
as d-gamma	158 mg	Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	30 mg 167%
as d-alpha	16.75 mg/25 IU 83%	Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg 75%
as d-beta	3 mg	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 330%
as delta	72 mg	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 133%
Vitamin K1 (as Phytonadione)	100 mcg 125%	Choline (as Choline Citrate)	100 mg *
Vitamin B1 (as Thiamine HCl)	50 mg 3334%	Inositol	100 mg *
Vitamin B2 (as Riboflavin)	30 mg 1765%	Grape Seed Extract	50 mg *
Vitamin B3 (as Niacinamide)	30 mg 150%	Boron (as Boron Glycinate Complex)	1 mg *
Vitamin B6 (as Pyridoxine HCl)	50 mg 2500%		
Folates (NatureFolate™ blend)	800 mcg 200%		
Vitamin B12 (as Methylcobalamin)	500 mcg 8333%		
Biotin (as d-Biotin)	300 mcg 100%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Iodine (as Potassium Iodide)	75 mcg 50%		
Calcium (as DimaCal® Di-Calcium Malate)	450 mg 45%		

*Daily Value not established.

Prenatal Pro™ Essential Packets provide:

- Adequate amounts of **calcium and magnesium** for healthy bone and muscle development.
- Healthy amounts of **vitamins D and K** for proper directing of calcium to hard tissues, such as bone and teeth, and not to the soft tissues.
- **Ferrochel chelated iron** not only for its high bio-availability but also for its excellent tolerability, as it does not cause constipation like so many iron sources do.
- **Iodine**, an important mineral for infants and an important inclusion to this formula, as research has shown that iodine deficiency in infancy can lead to learning disability and lowered achievement motivation.
- Generous amounts of **B vitamins** for proper fetal development and substantial levels of vitamin B6 to help prevent nausea.
- **EPA and DHA omega-3s**, in order to support healthy birth size and proper fetal neurodevelopment.

OsteoForce™

Supplement Facts

Serving Size 2 tablets - 2 packets

Amount Per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate)	50 mg 84%
Vitamin D (as Cholecalciferol)	300 IU 75%
Vitamin K (as Phytonadione)	500 mcg 625%
Calcium (as DiCalcium Malate, Bis-Glycinate Chelate, Calcium Ascorbate, and Calcium Carbonate as binder only)	400 mg 40%
Magnesium (DiMagnesium Malate and Buffered Glycinate Chelate)	150 mg 38%
Zinc (as Chelazome® Bis-Glycinate Chelate)	3 mg 17%
Copper (as Chelazome® Bis-Glycinate Chelate)	500 mcg 25%
Manganese (as Chelazome® Bis-Glycinate Chelate)	1 mg 50%
Potassium (as Glycinate Complex)	25 mg 1%
Boron (as Glycinate Complex)	2 mg *

*Daily Value not established.

OmegAvail™ Ultra TG

Supplement Facts

Serving Size 2 softgels - 2 packets

Amount Per Serving	% Daily Value
Calories	18
Calories from Fat	18
Total Fat	2 g 3%*
Cholesterol	less than 10 mg
Omega 3 Fatty Acids	1,070 mg - 1170 mg †
EPA (Eicosapentaenoic Acid)	540 mg - 600 mg
DHA (Docosahexaenoic Acid)	370 mg - 400 mg
Other Omega-3 Fatty Acids	160 mg - 170 mg

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Who Should Take Prenatal Pro™ Essential Packets?

- Pregnant women
- Nursing women
- Women wishing to get pregnant

How To Use:

As a dietary supplement, take two packets daily or as directed by your health care practitioner.

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